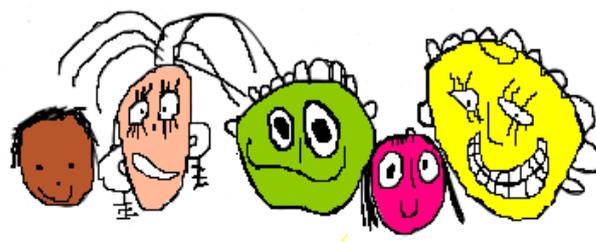


Hamilton Community Pre-School

"Where discoveries, learning and fun connect."



Information Sheets for Parents

Hygiene

Good hygiene at Hamilton Community Preschool is essential for reducing the risk of cross infection between children and adults and helps children to develop hygiene habits that they will use throughout their lives. Families can assist to maintain a hygienic environment by following simple hygiene rules while at the centre and by using good hygiene methods with their children at home.

Handwashing

Preschoolers are encouraged to wash their hands throughout the day. Children's self-help and self-care skills can be promoted to support them to develop hygienic habits. Handwashing is constantly reinforced at the service through the children's program of experiences as well as daily routines. Educators talk with and regularly remind children about when to wash their hands, including before and after meals, after going to the toilet, after wiping their nose, coughing, sneezing, after playing in the sandpit, and after art, craft and messy activities. Visual displays are in bathrooms to remind and demonstrate to children on correct handwashing procedures. We encourage the children to sing Happy Birthday while they are washing their hands to ensure they have removed all the germs which require approximately 20 seconds at the sink – long enough to sing Happy Birthday.



Coughing, Sneezing, blowing noses

At Hamilton Community Preschool we have tissue boxes placed all around the room. Children are encouraged to use tissues when coughing, sneezing and blowing their noses then throw the tissue in a bin. But if a cough or a sneeze comes on too quick educators encourage children to cough into their upper sleeve or elbow. Children are then encouraged to thoroughly wash and dry their hands after coughing, sneezing, blowing and picking their nose.



Toileting

Educators at Hamilton Community Preschool encourage parents to have their children toilet trained before they enrol their child. As toileting is a new skill educators understand that Preschoolers will need assistance to learn the skills required to do this hygienically. Educators provide and support children to confidently and hygienically pull their pants up and down, get on and off the toilet, wipe their bottom, flush the toilet and wash and dry their hands. Using visual aids such as step-by-step toileting and handwashing charts is a helpful strategy. It is also to note that educators use an unhurried approach to toileting and respond calmly to toileting accidents. Children are quickly changed and wet and soiled closed are bagged and parents are notified on pickup.

To help children to develop effective toileting skills, our hand basins and toilets are an appropriate size and height for the children. Spills on or around the toilet are cleaned up immediately by an educator to avoid cross infection.

Cooking and preparing food with children

Educators program and provide cooking experiences and discuss with children the importance of having clean hands while preparing food. It is encouraged that:

- Wash hands thoroughly prior to handling food.
- Do not cough or sneeze into food.
- Do not lick fingers while preparing food.
- Tie children's hair back before handling food

Dental Care

Dental care is promoted at Hamilton Community preschool through incursions where visiting Dental assistance demonstrate to children correct hygiene and brushing procedures to keep their teeth healthy, through puppets and stories. We have incorporated the Swish Swish Swallow program where children learn how best to rinse their mouth out with water after meals and snacks

Step 1 - Swig

- Children have drink bottles with tap water (fluoridated water).
- After lunch and snacks H children 'swig up' a mouth full of water and hold it in their mouths.

Step 2 – Swish

- The children 'swish' or swill the water around their mouth (ie. shake head from side to side or use cheeks to do so).

Step 3 - Swallow

- Ask children to swallow the water.
- Ask children to open their mouths wide and then smile to show their happy teeth

Educators encourage children and families to only bring water to school for this reason.

Minimising the spread of infection is a key aspect of quality child care. Children can be encouraged and supported to take increasing responsibility for their own and others' hygiene practices during daily routines and experiences, as well as through Educators talking with children about the importance of hygiene and how this can be maintained. As children develop their independence it is important for Educators to gauge when children need assistance and to ensure that all of children's efforts at self-care are appreciated and acknowledged positively